



***Welcome,
students!***

PE 2 RUNNING



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YT link

Running and walking as a personal hobby.

Philosophy I believe in about my learners as adults.

Assumption and learning principles in adult learning (Malcolm Knowles, 1980)

<u>Assumptions</u>	<u>Learning principles</u>
As individuals mature:	Learning is facilitated when:
1. They find themselves more active & self-directed	1. The learner is actively involved – when students are motivated, their attention will be captured & held & they will learn faster & more thoroughly
2. They accumulate experiences through the years that give them something to contribute & share	2. What is to be learned is related to the learner's previous experiences
3. They want to learn things that will help them to cope with real-life concerns & problems	3. The learner sees purpose or meaning in what is to be learned
4. They give attention to the kind of learning that has direct & immediate application to real-life situations	4. The learner is able to apply what has been learned to actual-life situations

Week 1

Week 2

Weeks 3-4-5

Week 6

**WHAT DO I
EXPECT FROM
THE COURSE?
(TIME)**

WHAT DO I EXPECT FROM THE COURSE? (CONTENT)

Unit 1: What preparations should I make before getting into the activity?

Unit 2: What do I need to know before adopting the activity as an exercise?

Unit 3: I am now ready to participate in the activity as part of my healthy lifestyle.

Unit 4: How do I evaluate my activity plan and experience?

asynchronous (posters,
video lecture, pre-test)
synchronous (class
discussions)

asynchronous (group
preparations)
synchronous (group
reportings)

asynchronous
(activities at semi-structured pace)
synchronous
(small group discussions)

synchronous
(online fun run, culminating activity)
asynchronous
(accomplishment of the activity plan)

**WHAT DO I
EXPECT FROM
THE COURSE?
(ACTIVITIES)**

activity plan
(from planning to evaluation)

group reports, self and peer
evaluations through google forms

fitness tracker results, SGD reports

online fun run results, final activity plan)

**WHAT DO I
EXPECT FROM
THE COURSE?
(OUTPUTS)**

activity plan 20%
(from planning to evaluation)

group reports, self and peer 20%
evaluations through google forms

fitness tracker results, SGD reports 30%

online fun run results, final activity plan
30%

**WHAT DO I
EXPECT FROM
THE COURSE?
(GRADING
SYSTEM)**

**LOOKING FORWARD
TO AN ENJOYABLE
MIDYEAR WITH YOU
ALL!**

